Randall Tate Celebrates Birthday

Randall Tate celebrated his 14th birthday recently with a party at A. J. Skateworld. Attending and shown in above photo were "Randall", Scott Tate, Jennifer Tate, Ronald Brooks, Bev Bennett, Jeff Kibler, Jackie Shull, Mary Carson, Keith Nance, Carol Clendenest, Ronald Archer, Robbie Reynolds, Tim Bennett, Paul Taylor, Adam Coleman, and Pamela Bennett.

Chip Herncall Celebrates Birthday

Chip Herncall celebrated his 9th birthday recently with a party at A. J. Skateworld. Present for the party and shown above were Tim Chandler, T. W. Layne, Tim Drinkard, Gary Scruggs, Beth Carter, "Chip", Sam Scruggs, Sherri Williams, and Corey Murphy. They all enjoyed the skating and the birthday refreshments.

Gilliam Gets 10-Point Buck

Wilson B. Gilliam of Spout Spring is shown in above photo with handsome 10-point buck he killed while hunting on Wednesday, November 21st. The deer dressed out at 149 pounds and was killed in Prince Edward County.

Melody Tuck Celebrates Birthday

Melody Tuck celebrated her birthday recently with a party at A. J. Skateworld. Joining her for the party were Tina Wade, Charlotte Hunter, Donna Harding, Sandra Langford, Tammie St. John, Kaelee Pettus, "Melody", Leslie Price, Laurie Dunnavant, Beth Dunnavant, Wendy Watts, Patty Martin, Sheila Baldwin, Marnia Clements, Ricky Tuck and Larry Martin.

Eating Well

by Barbara L. Morlang, R.D., Ph.D.
Regional Public Health Nutritionist

Sugar: Sweets Everywhere

Judging by the size of our national "sugar bowl", American life is indeed sweet. Each year, on the average, Americans use 128 pounds of sugar and other sweeteners in their food supply. This works out to about 40 teaspoons or 635 calories a day.

Perhaps the sugar you put in your coffee or on your breakfast cereal doesn't add up to this much. But there is undoubtedly plenty of sugar "hidden" in most foods that you eat each day.

Sugar is present in soft drinks and fruit drinks, as well as in baked goods and desserts. We buy it in canned and frozen fruits, in breakfast cereals, ice cream and sherbet, fruited and flavored yogurt, candies, and literally hundreds of other processed food items.

It appears not only as table sugar (sucrose), but also in other forms such as honey, corn syrup, molasses, fructose, lactose, glucose, maltose, maple syrup and brown sugar. So, all things considered, it is not so difficult for anyone to eat a lot of sugar.

Reinforcements for maintaining a sweet tooth are everywhere, not only in television commercials, but also in what we learn from childhood. How many times have you heard the statement that you should "finish your dinner or you won't get dessert" or "if you're good, I'll give you a cookie". How often have you heard from your relatives or friends - "sweets for the sweet, honey" or "I made your favorite cake - have some". Sound familiar?

While sugar itself is not "poisonous" or harmful, it contains no nutrients, just calories. Sugary foods are usually concentrated sources of calories. Because they lack bulk and their sweetness so pleases our tastebuds, they're easy to overeat.

An excessively sweet diet can lead to overweight and its associated health problems, such as heart disease and high blood pressure. It can also result in poor dental health. You can bring a sweet tooth under control. Try deconditioning your tastebuds gradually. Here are some suggestions:

Cut down on the obvious "goo" in your diet (cakes, candies, etc.). Worry less about such minor sources of hidden sugar as catsup, crackers and peanut butter.

Set your own limits. Perhaps confine sweets to mealtimes only, or to three simple desserts a week.

Make the desserts you do eat count nutritionally. For example, pudding, yogurt, baked apple, and bread pudding provide nutrients as well as sugar.

The nutritionally ideal treat is fruit served fresh. You can also use unsweetened fruit juices and fruits canned in their own juice.

Do record food labels to learn where sugar is lurking.

Lower the sugar content in recipes by using:

Up to ¼ less sugar called for in a recipe (exceptions: jellies, delicate baked goods like cakes, meringues, etc.). If you'd rather not experiment, look for recipes that call for the least amount of sugar.

A little more vanilla and spices. Both enhance the impression of sweetness.

Smaller amounts of sour or bitter ingredients like lemon juice, vinegar, cocoa), so that less sugar need be used.

Social Security Is Only Part of Answer

People planning ahead for their retirement should be aware that social security was never intended to offer a complete retirement income, Robert Thackston social security district manager in Lynchburg said recently.

Social security benefits provide a partial replacement of earned income lost or reduced because of the retirement, disability, or death of a worker.

Some pension experts estimate that retirement income should be 60 to 70 percent of pre-retirement earnings in order for a retiree to maintain a standard of living similar to that before retirement.

Social security benefits generally provide 25 to 60 percent of pre-retirement earnings, depending on the individual's earnings over the years. With an eligible husband or wife, benefits would be 37½ to 90 percent of worker's previous earnings.

People can supplement social security retirement benefits with income from company pensions, insurance annuities, savings, stocks and bonds, individual retirement plans, or other investments.

The important thing for a worker to remember, Mr. Thackston said, is that social security is not the total answer. It is a base upon which each worker should build his or her retirement plans.

More information about social security retirement benefits, as well as about disability and survivor benefits, can be obtained at the Lynchburg social security office. There are many free publications describing social security benefits and copies can be obtained at the office, located at 2301 Park Avenue, Lynchburg, Virginia 24504. The telephone number is 804-847-8856.

Social Security As Insurance

By: Robert S. Thackston
Social Security District Manager in Lynchburg

One of the questions people sometimes ask, us is why doesn't social security work like commercial insurance.

Sometimes the question refers to the fact that commercial insurance companies are required by law to have sufficient reserves so that they can meet all their future obligations even if no new policies are sold.

Or the question may come from somebody who is wondering why social security does not provide a specified return on "premiums" as private annuities do.

The answer to both questions is based on the fact that social security simply isn't the same as commercial insurance even though the system has many of the characteristics of private insurance programs.

Social security programs here and in other countries generally are referred to as "social insurance" because they are sponsored by the government for society as a whole. They are designed to prevent widespread poverty in the society by assuring families a continuing income when certain events occur. Old age, death, and disability are the most common events covered.

But let's get to specific differences between social security and commercial insurance, starting with financing.

Because a private insurance company is not assured of new customers, it is required to maintain sufficient assets on hand to pay all benefits as they fall due. Social security, however, is mandatory for most workers. It is therefore assured of new participants and does not need to maintain huge reserves to meet its future obligations.

Thus social security benefits are financed primarily from current payroll taxes. The system is considered financially sound when anticipated taxes are sufficient to pay anticipated benefits for future years. The trust funds contain a contingent reserve sufficient to pay benefits for several months should there be a shortfall in income.

Moreover, if the system were to maintain reserves to pay all obligations presently incurred it would impact severely on the economy. Investing such huge funds in private businesses would lead to Government ownership of many of the nation's corporations.

The second question refers to the social security benefit structure and how benefits are paid.

Like all insurance plans, social security is based on the idea of participants pooling their resources to share the cost of certain risks. But unlike private companies, social security is primarily designed to protect the society as a whole, with individual equity a strong consideration.

Thus, social security does not provide a specified return on a person's taxes, to be paid regardless of whether a person suffers the risk insured against. But it does provide inflation-proof benefits related to past earnings. When benefits are figured, part earnings are adjusted to reflect increases in average wages over a person's working life. Once a person starts receiving benefits, they are adjusted for increases in the cost of living.

Moreover, people continue to receive the benefits as long as they meet the requirements in the law. This means that many workers and their families may receive much more than the worker paid in social security taxes.

Social security provides every worker protection against the loss or reduction of income when he or she retires, becomes disabled, or dies. It also includes health insurance for people 65 and over, those with prolonged disabilities, and those with permanent kidney failure. More than 35 million workers and their dependents and survivors of deceased workers are currently receiving benefits that represent their primary source of income in many cases.

Social security provides a base of income protection on which a person may build to suit his or her personal life style and needs. Commercial insurance, or other forms of investment income, enable most people to supplement their social security to meet their individual needs.

Social security provides a floor, while commercial insurance becomes part of the ceiling in the structure of financial security most workers attempt to build for themselves and their families.

Q. How do other countries finance their social security systems?

A. The payroll tax on employers and employees is the most common form of financing for social security programs in most of the industrialized nations. More than half also have contributions to the system from the Federal Government.

Q. Did social security start in the United States?

A. No. When the Social Security Act was passed in 1935 many European countries already had social insurance programs established. Germany's began in the 1890's under Bismarck.

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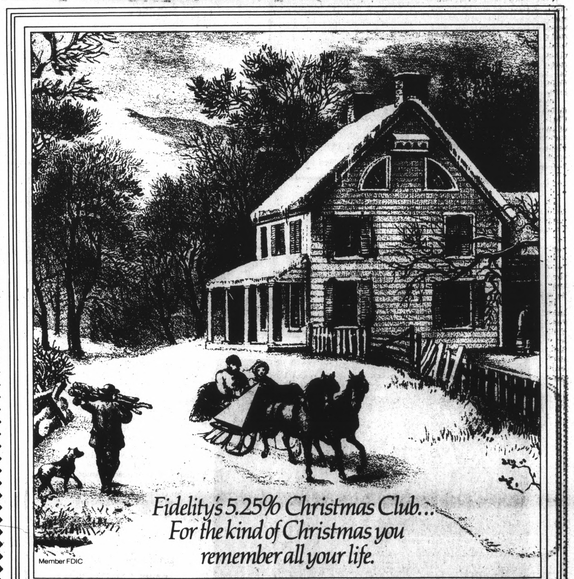

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HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

Cheryl Walton is in Chicago this week at National 4-H Congress. Cheryl's trip resulted from her Achievement and in Consumer Education she submitted last year. Approximately fifty 4-H'ers in Virginia are participating in this National event. Cheryl is a third consecutive representative from Appomattox to attend the National Congress. Lee Ford attended in 1977 and Laurie McLean in 1978.

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Senior 4-H'ers are reminded Achievement Record deadlines January 15. Call us if you have record book questions.

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We really enjoyed the Senior Share-the-Fun presentation. Participating in the Senior Division will be Lisa Moore, David Hancock, Susan Harris, Cheryl Walton, Maureen O'Donnell, Eileen O'Donnell, Rhonda Nash, Laurie McLean, David Caldwell, Allen Reynolds, Laura Walton, Terri Nash, Dana White and Tommy Williams. The final Share-the-Fun Show will be Wednesday, December 12, at ACHS.

•

Four Apomattox 4-H'ers participated in the State Make It Yourself With Wool program last Saturday at Longwood College. Jane Guill, Laura Walton, Laurie Cowan and Cheryl Walton made and modeled wool garments for the special program. Cheryl was State Winner in her category and will receive an all expense paid trip to Cumberland, Maryland for the Eastern Regional Make-It-Yourself-With-Wool Program.

•

4-H'ers with woodworking and wildlife projects may be interested in building bird feeders this winter. We have some plans for these in the extension office.

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Pine seedlings will again be available to 4-H'ers. Appomattox 4-H'ers may obtain 25 or 50 loblolly pine seedlings. The application will be available at the December 4-H Meetings.

•

4-H Meats Team practices will be held at the Extension Office on Monday, December 10 and Tuesday, December 18. Meetings will begin at 3:30 P.M. and be over by 5:00 P.M. All 4-H'ers interested in meats are welcome to attend.

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Good News For Homemakers

Shirley W. Walton
Extension Agent
Christmas Gifts that Really Matter

The holiday season should be a special time, a time to reflect on what is really important and worthwhile. It is a time to give and receive love, and to develop a better understanding of ourselves and around us.

Now, more than ever, we need to differentiate between spending and the commercial aspects of Christmas and the real giving of ourselves. People tend to judge themselves and others by how much they receive from each other. Don't fall into the trap of equating money and expensive gifts with love.

Instead of spending a lot of money, give of yourself instead. Christmas particularly is a time of giving other commodities. Do something for another person. Make something for them or spend time with them. Children also should be taught how to give of their time and talents and the importance of giving as well as receiving.

Those who don't have children or family may be tempted to ignore the holidays. These may be people who you can do some very special something for. We need holidays as a time for relaxation, recreation and in the true sense of the word, a time to reconstitute ourselves as a whole person.

Instead of feeling left out, those who are alone might reach out to others. Many young people would like to have an older person to look up to and help them feel like a whole person. Likewise, older people enjoy contact with young people. People of all different generations can get together to generate a feeling of family togetherness to celebrate the holidays.

Those persons with children should take the time to explain the real true spirit of the holidays to them. Parents should explain the customs and traditions of other faiths to their children. The gift of understanding and sharing is one of the most important gifts that anyone can give to both children and adults.

An excellent gift for yourself this season is to keep careful watch on your wallet and spending. Even when you have decided to give gifts of love and time, it is difficult to ignore the spending momentum that can build up to create a real financial problem later. People get carried away buying, and the excitement of the crowds and lavish displays are extremely tempting.

You should set some limits of what you should spend and watch for the warning signals that you are over-spending. It is dangerous if you begin to arrange cash loans to finance your gifts or use credit cards impulsively or excessively. Don't take on more payments and debts than you can afford to pay back in the very near future.

Why not make someone a pretty apron. Bake them some cookies or a favorite loaf of bread. These are gifts of love that say a great deal and mean so much to other people.

Let the holidays be a time for loving, sharing and learning. Those are things that money can never buy and are all the more precious because of it.

Homemakers, our Christmas booklets entitled "Christmas in Appomattox" have at last come from the printers. We are most excited to let you know that they are now available at our office. If you wish a copy, you may call us at 352-8244 or come by to visit us. Or, you live out of town, you may write us at P. O. Box 488, Appomattox, Va. 24522.

The booklets are filled with ideas that you can use to share your time and talents with others. They have lots of good recipes, as well as gift ideas and decorating ideas.

If you have a homemaking problem or question, please let us hear from you. Have a good week, homemakers.!

Recipe of the Week
Louise's Fresh Apple Pound Cake

1½ cups corn oil
2 cups sugar
3 eggs
2 teaspoons vanilla extract
3 cups all-purpose flour
1 teaspoon soda
1 teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 cups finely chopped, peeled apple
1 cup black walnuts
½ cup golden raisins (optional)
Apple cider glaze, (optional)

Beat oil, sugar, eggs and vanilla until well blended. Combine dry ingredients and add to sugar mixture, beating well. Stir in apple, nuts and raisins. Spoon batter into a greased and floured 10-inch tube pan or bundt pan. Bake at 325° for 1 hour and 15 minutes or until done. Let cake cool in pan 10 minutes before removing from pan. If desired, prick top of cake with a fork and drizzle on apple cider glaze. Yield: one 10-inch cake.

Apple Cider Glaze

½ cup apple cider or juice
½ cup applejack
¼ cup firmly packed brown sugar
2 tablespoons butter or margarine

Combine all ingredients in a small saucepan and bring to a boil, stirring until sugar is dissolved. Yield: about 1 cup.

Many thanks to Louise Layne for sharing this delicious and nutritious dessert.

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Va. Fibre Reports Weekly Wood Purchases

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending November 18, 1979. Purchases are listed by counties.

Albermarle	7,615.26
Amelia	7,719.35
Amherst	5,541.25
Appomattox	5,543.03
Bedford-County	1,982.93
Buckingham	9,620.78
Campbell	3,319.56
Charlotte	7,657.72
Cumberland	9,341.77
	403.95
Fluvanna	307.14
Goochland	754.26
Halifax	744.08
Madison	754.59
Mecklenburg	2,581.65
Nelson	7,903.81
Pittsylvania	2,459.38
Powhatan	2,377.63
Prince Edward	6,357.54
Prince William	698.03
Rockbridge	378.60
	83,132.32

We feel this information will be of interest to our readers in Appomattox County and in the adjoining counties.

St. Anne's Episcopal Church To Have Bazaar

The women of St. Anne's Church will hold their annual bazaar on Friday, Dec. 7 beginning at 10 a.m. in the Church Parish Hall on Oakleigh Avenue. A variety of original and hand-made gifts will be on display, so plan to do your Christmas shopping at St. Anne's where you will find unusual items for all the folks on your Christmas list. A variety of baked goods, Brunswick stew, pickles, jams and jellies will be available and a dinner will be served beginning at 6 p.m. Following the dinner, an auction sale will be held beginning at 7:30 p.m. and many interesting pieces will be put on the auction block. Paintings and pictures, glass and china, household equipment (all new) plus some used and antique items from various estates. You may find just the thing you've been looking for, so come out for an evening of fun and fellowship.

Veterinary College Applications Available

Good news for the hundreds of Virginia and Maryland residents who have been calling and writing the Virginia Maryland Regional College of Veterinary Medicine over the past year: the application packets for admission to the first class in 1980 are now available.

The deadline for completed application materials to be returned to the admissions office of the College is January 15, 1980. At that time, the admissions committee, composed of veterinary medical faculty members from both Virginia Tech and the University of Maryland, will begin the task of selecting the 64 members of the first class: 40 Virginians and 24 Maryland residents. The committee will notify those students accepted into the program around April 15, 1980.

Those wishing to apply to the regional veterinary college should write to the Admissions Office, Virginia-Maryland Regional College of Veterinary Medicine, Virginia Tech, Blacksburg, Virginia 24061, phone (703) 961-7666.

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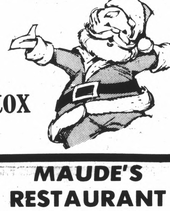

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